

ANNOUNCEMENTS

08.02.2026

TCCO KIDS PARENTS: All parents of kids 5th grade & under, be sure to look for an email that gets sent out at the beginning of the month with info on what your child is currently learning in TCCO Kids. It includes the memory verse of the month (so you can help them practice at home), ideas for ways to continue the conversation and engage with your child about the Bible stories they learned and any other important TCCO Kids info. Also, parents of 3yr olds-5th graders, make sure you are getting the handout from your child's teacher at pick-up time each Sunday with more resources for you! Contact elaine@theconnecting.co with any questions.

TCCO BACKPACK/SCHOOL SUPPLY OUTREACH: Be a part of helping us provide backpacks and school supplies for children/students in need to start the school year well! Get involved in 3 ways: (1) Sign-up if you have a student in need of a backpack filled with grade-level appropriate school supplies; email outreach@theconnecting.co by **Sun. 8/2**. (2) Donate money to help sponsor a backpack for a child/student by **Wed. 8/5**, put "backpacks" in the memo, approx. \$75-\$100 per student. 3) Pick up a sheet to sponsor a backpack and shop for all the items for a specific student, return by **Sun. 8/9**. Contact Sarah Simpson (918-706-2642) with any questions.

SUMMER SHE EVENT: All women ages 16 & older are invited to join us for our next Ladies' Night on Fri. 8/21, 6:30-8:30pm at TCCO. We'll enjoy delicious appetizers, meaningful worship, an encouraging devotional, and a fun hands-on craft, while connecting with other amazing women. Invite all the women in your life to join you! Please register using the QR code by **Tues. 8/18**; cost is \$3 to help with the cost of craft materials. Childcare will not be provided. However, if childcare is the only thing preventing you from attending due to an extenuating circumstance, please reach out to one of our staff ladies—we'd love to help if we can. We can't wait to spend this intentional night of connection with you; we know you'll leave feeling refreshed, encouraged, and more connected than when you arrived! Questions? Contact brittany@theconnecting.co.

TCCO MEN'S BREAKFAST: All Men 16 & older are invited to join us Sat. 8/22 at 9am at TCCO for our next Men's Breakfast. Don't miss out on great coffee, pancakes, bacon, eggs, a powerful devotion from Pastor Travis, and a perfect opportunity to connect & grow together with other men! Use the QR code to register, no later than Thurs. 8/20. Invite all the men in your life to join you, and we look forward to seeing you there! Questions? Contact walter@theconnecting.co.

SAVE THE DATE

Wed. 8/19, TCCO Students Fall Semester Kick-Off, 6:30-8:00pm

Sun. 9/13, Fall Semester Connect Groups Launch

Sun. 9/27, Fall Semester Lunch with the Staff, 12:30-2:00pm



LET GO

WEEK 1

"It's a YES Problem"

Travis Cherry



we exist to
connect people
to Jesus and
each other

LET GO
Week 1: “It’s A YES Problem”
08.02.2026

What if one of the greatest spiritual disciplines we’ve forgotten...is the ability to say NO?

Every YES to one thing is a NO to something else.

Time Famine: the feeling of having too much to do and never enough time to do it.

1. Every YES Reveals What You Value

Your calendar isn’t just a scheduling tool...it’s a worship journal!

Matthew 6:19-21 —¹⁹ “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.”

Genesis 2:16-17 —¹⁶ And the Lord God commanded the man, saying, “You may surely eat of every tree of the garden, ¹⁷ but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”

Limits are not punishment...instead they’re part of creation, part of what it means to be human, and a part of God’s intentional design for us.

2. Every YES Carries a Cost

Exodus 20:8-11 —⁸ “Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work, ¹⁰ but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.”

Sabbath was never meant to be just about rest...it has always been about trust.

Luke 10:38-42 —³⁸ Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. ³⁹ And she

had a sister called Mary, who sat at the Lord’s feet and listened to his teaching. ⁴⁰ But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” ⁴¹ But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, ⁴² but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

Often the enemy doesn’t tempt us with sin, he simply distracts us and keeps us busy with good things until we have no room left for the most important things.

The greatest threat to God’s best is often life’s good.

3. Every YES Should Lead Us Closer to Jesus

John 15:1-2 —¹ “I am the true vine, and my Father is the vinedresser. ² Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit.”

God doesn’t prune dead branches...He prunes fruitful ones!

Pruning isn’t punishment...it’s preparation.

Hebrews 12:1-2 —¹ Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

While you’re trying so hard to be everything for everyone else...you have slowly stopped becoming who God created you to be.

The greatest danger isn’t that you’ve filled your life with bad things; the greatest danger is that you’ve filled your life with so many good things...that there’s no room left for the best things.

Every God-led NO...creates room for a greater, more God-led YES!

Questions for Reflection:

Which good things in your life have you been saying YES to, but God is asking you to say NO to, so you can YES to the best and most important things?

What weights have you been carrying that God has not asked you to carry?
What weight is God asking you to lay down this morning?